A SERIOUS ADDRESS

On the dangerous Consequences of neglecting

COMMON COUGHS AND COLDS;

CONTAINING,

A Simple, Efficacious, and Domestic Method of CURE.

Necessary for all FAMILIES.

THE SECOND EDITION.

To which is now added,

SUCCESSFUL DIRECTIONS

To Prevent and Cure

CONSUMPTIONS.

By THOMAS HAYES.
Member of the Corporation of Surgeons, London, &c.

"*The slightest Catarrhal Defluxion, or Cough, ought not to be neglected, if it does not go off in a few Days.*"

Dr. FOTHERGILL.

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TO

Sir Richard Jebb, Bart. M.D. F.R.S. & S.A.

PHYSICIAN EXTRAORDINARY to His MAJESTY, &c.

SIR,

THERE is no one to whom I can with ſo much propriety addreſs this little work as to you, becauſe no perſon can be a better judge than yourſelf of the neceſſity for early care, to prevent the complaints it treats of, as you have had the moſt extenſive practice, with the moſt diſtinguiſhed ſucceſs in curing them. Beſides, the friendſhip which you had for my worthy patron Mr. Collins, and the many kindneſſes which you have ſhewn to me, demand it as a tribute of gratitude from,

SIR,

Your moſt obedient,

And moſt devoted humble Servant,

THOMAS HAYES.

Hampſtead.
March 30, 1785.

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THE

PREFACE.

IT is unneceſſary to inform the Public, of the numbers of perſons of both ſexes, that are afflicted every Winter, with moſt dreadful colds, coughs, and conſumptive complaints, in this great metropolis, and every large town in this kingdom, from the neglecting of ſlight colds in their early ſtate. But common as this caſe is, the truth of which moſt men acknowledge; is it not ſtrange that it ſhould not be ſtriking enough to enforce a ſtricter attention to it, than is paid in common? For its conſequences are not leſs (to ſpeak within compaſs) than an annual loſs of twenty thouſand perſons in the iſland of Great Britain; beſides

the numbers, who ſuffer long and painful illneſſes, from rheumatiſms, pleuriſies quinſies, &c. ariſing from the ſame neglect, and afterwards recover.

Phyſicians, from the earlieſt date, have cautioned the public againſt letting colds gain ground upon them; but as few read their writings, except thoſe who make phyſic their profeſſion, and as the world often ſuſpects, that what comes from them muſt be intereſting to themſelves only, I do not wonder that this caution is not always regarded. It has always been difficult to perſuade men of their true intereſts, or we ſhould not have found *Inoculation* ſo ſlow, in advancing to the confidence and uſe we now ſee it with the people; but through the means of the learned and judicious Baron Dymſdale, it is become familiar and ſafe, and a great friend to health and beauty. The *Humane Society*, through the indefatigable zeal of Dr. *Hawes*, becomes alſo daily more and more conſpicuouſly uſeful, in reſtoring, numerous

numerous members to the ſtate; notwithſtanding the many prejudices which long prevailed againſt it. Facts, ſooner or later, will ſupport themſelves, though we have ſhewn above, that they are ſometimes ſlow; we therefore hope, that the object of the preſent triſle will be attended to in the courſe of time, and the more eſpecially, when it ſhall appear, to have been undertaken, the very oppoſite to intereſted motives! For were the encloſed hints ſtrictly purſued, the author would have very little buſineſs, and half his brethren of the faculty, muſt then be obliged to ſeek ſome other means, of earning a livelihood.

Two very ſenſible writers, Tiſſot and Buchan, have addreſſed themſelves to the public in general on the ſubject of medicine, and many excellent directions they have given reſpecting the management of colds, and other diſeaſes; but on this ſubject, they have not entered ſo fully as we think the diſorders required; and in

others they have not confined themſelves within ſuch limits, as to be of uſe, without injury: Hence this little tract may not, perhaps, be without its uſe, as a companion to their celebrated works; for beyond a common cold, or a ſlight fever, perſons are not competent to direct for themſelves.

It requires an arrangement, and compariſon, of the ſeveral conſtitutions, and ſymptoms, together with a number of other minutia, which are not to be acquired, but by experience, and a knowledge of the animal œconomy, and with which very few but medical men, are acquainted.

The works juſt now alluded to, are more calculated to inform young practitioners in medicine, and men of letters, than for the people in general, who have not an opportunity to ſtudy the leading characters which are to diſtinguiſh one diſeaſe from another; for this is often

attended

attended with difficulty, and miſtakes are ſometimes made, even, by men eminent in the profeſſion. It is well known, that phyſicians never preſcribe for themſelves. The embarraſſment of mind, and a number of deceitful ſymptoms, that attend the ſick, muſt for ever render it impracticable for him to be a competent judge of his own diſeaſe; and the ſeveral changes and complications to which it is liable, ſerve ſtill to encreaſe the difficulty. How then, ſhall the many ignorant perſons, to whom the above-mentioned books are left open to, wherein many very potent medicines are recommended, be thought equal to the taſk of preſcribing, either for themſelves, or for their neighbours; whom they ceaſe not on all occaſions, from urging to take Dr. James's Powder, or any other favourite medicine, let the complaint be ever ſo different from what they conceived? Certainly, the application of ſuch powerful medicines, requires the moſt judicious medical ability and experience.

Now

Now, to ſuch as have a propenſity to preſcribe for the ſick, without being very well acquainted with the nature of the diſeaſe, and the full powers of the medicines they apply, (except upon emergency, and where other advice is not readily to be had) we would moſt earneſtly recommend to read the *ſixth commandment*, and reflect, that by adminiſtring powerful drugs, much hazard is run, and many melancholy diſaſters have happened. We believe it to be well intended, but cannot imagine it not to be wicked. The number of errors which perpetually are made, none but medical men can conceive.

The intention of the preſent ſheets, is to convince the public, of the danger of depending too much upon that fatal expectation of colds going off ſpontaneouſly: of trifling with little complaints; and of truſting to ſuch means as are not likely to remove them.

We

If a cold comes on with any violence, apply the means here recommended for three or four days, if the patient does not get materially worſe before, or the complaint abate in that time, ſend for the beſt aſſiſtance in your power; if you are not able to ſend for a phyſician, let it be an apothecary of a humane, and tender diſpoſition; and one, who ſtudies more to remove the complaint, than how he ſhall load you with a number of phials.

Such was my worthy friend and patron Mr. George Collins, ſurgeon, who was revered and loved by all who knew him. For knowledge in his profeſſion, few ſurpaſſed him; in goodneſs of heart, fewer equalled him; and in his death, the rich and poor had an ineſtimable loſs. He was the learned man's companion, and the poor man's friend; all Hampſtead, with one accordant voice declare, they

"Ne'er ſhall ſee his like again."

I cannot

I cannot forbear embracing this opportunity, to pay ſo juſt and grateful tribute to his memory.

A man of the above principles, will not unneceſſarily load you with nauſeous drugs, nor will he add to the calamities of the poor tradeſman, by extravagant charges, which is too often the rapacious practice of the profeſſion.

To this will be ſaid, ought not every man to live by his buſineſs; we fairly admit it, and moſt certainly expect to do ſo ourſelves. To the ſharks of the profeſſion we allude, and not to the honeſt, candid, humane practitioner, who feels for others ills, and others circumſtances.

We have made two very long quotations, which moſt feelingly illuſtrate, and confirm our opinions, and which we think cannot be too commonly known. The one was written by the celebrated Dr. Huxham,

of

of Plymouth; and the other by the late Dr. Fothergill; and the reaſon why we have given them ſo long and full, is, ſuch perſons as this little work is deſigned for, have not a medical library to conſult, and it would be needleſs to recommend them by their titles only.

The handſome manner which all the Reviewers have ſpoken of the Firſt Edition, naturally cauſed it a rapid ſale. This laſt has waited for the additions that are made, which I hope will equally meet with their approbation, as well as be ſerviceable to ſuch perſons as are inclined to become conſumptive.

To Dr. John Jebb, F. R. S. I am highly obliged (tho' unknown to him) for a very polite letter of approbation of the whole pamphlet, except in one part which I ſhall gladly correct; the genteel manner which it was ſent to me, and the philanthropy which he has ſhewn in this

ſmall act, is a ſtrong proof of the goodneſs of his heart and principles.

After what has been advanced in the firſt part of the Preface, it may ſeem ſtrange, that I ſhould attempt to preſcribe beyond a common cold, my reaſons for it are,

Firſt, Becauſe many perſons have deſired me to make the additions which are here.

Secondly, I have taken great care to adviſe ſuch things only as cannot do injury, uſed with the precautions here directed.

Thirdly, I have been more minute in ſome very eſſential means of recovery, than medical men's time, in much practice, will permit, and I expect more attention from addreſſing myſelf to the underſtanding than a mere injunction.

Fourthly,

Fourthly, I have taken more pains to ſhew what is injurious than what is beneficial, at the ſame time hoping that no perſon will depend upon my book, only, for the cure of ſo dangerous a diſeaſe, but rather offer theſe additional reaſons to warn the reader of the dangers which attend neglected Coughs and Colds, and to induce thoſe who have unhappily got bad ones to apply a ſimple, rational and approved method of cure in preference to the thoughtleſs, imprudent means generally taken.

The author has much occaſion for indulgence from his critical readers, to look over many imperfections which they may find; as his profeſſional avocations will not permit him to attend much to correctneſs in writing, and he hopes that the object of the preſent work, will fully clear him of any other vanity, than that of deſiring to be uſeful to his fellow creatures.

A

Serious ADDRESS,

&c. &c.

A COLD ariſes from the effect of cold, or moiſt air, applied to the ſurface of the body and lungs, from going too thinly clad, or expoſing the body to cold air, after having been heated by exerciſe; or, when the pores are opened from drinking warm liquors.

Some perſons will bear every poſſible change without much injury, whilſt others cannot take the leaſt liberty with themſelves without ſuffering moſt ſeverely. Therefore, every man ſhould know enough of his own conſtitution, to regulate himſelf, as, indeed, he, in this reſpect, may, if he will but give himſelf the trouble to think, and from hence,

whatever

whatever experience has taught him as improper, or as disagreeing with him, he should most carefully avoid.

Almost every body knows the symptoms of a cold, or what are the common sensations, or effects of what is called *the having a Cold*; but as these begin on some more violent than in others, we shall give the common symptoms as they generally arise.

A Cold then, is a sense of chillinefs on the skin, attended with a laffitude or wearinefs, and slight shivers at times, with a degree of headach, and flying pains in the limbs, a stuffing of the nose, frequent sneezing, and running of a clear limpid water from the eyes, and the nose, with, or without, a dry tickling cough, or hoarseness. Sometimes the sneezing, stuffing of the nose, or cough, give the first intelligence of its approach, and sometimes it is preceded by some of the other symptoms. These, as they are found to come on with more or less violence, permit the patient to continue in his usual employment, or pleasure, until they get so far increased, or have laid such hold on the constitution, as to oblige him to desist, unless nature, by some happy effort, restores the obstructed vessels to their proper

proper offices, and cauſe the ſeveral fluids to be circulated through the proper tubes. If the patient is not relieved this way, Fever, Rheumatiſm, Inflammation of the Lungs, or ſome other diſeaſe muſt enſue.

As coughs are the moſt common and violent effects of cold, and ſo commonly diſregarded, and as theſe are the moſt inſidious attendants, and capable of bringing on the moſt ſerious complaints, we cannot too ſtrongly enforce a proper ſenſe of the danger that attends them. Inflammation in the lungs is excited, by the perpetual action which is given to the cheſt by coughing; and great injury is done to the fine membrane, which lines, or covers, the paſſage to the lungs, and the whole cavity of the cheſt, as well as the lungs themſelves, from the ſame cauſe. The leaſt inflammation happening to the pleura, or lungs, is very much to be feared, may pave the road to conſumption and death; and we will hazard our reputation, if three parts of the conſumptions, which happen, do not take their riſe from theſe commonly neglected trifling coughs, as they are but too commonly called, cauſing inflammation, &c.

It is not unuſual for a patient to tell you, that he ails nothing, except having a cough; when, in fact, his pulſe is full, quick, and hard; his tongue coated with a thick white fur; and he makes thick muddy water, or ſuch as is very high coloured; he has cold chills running down his back, ſoreneſs in the cheſt, and on the muſcles of the belly, beſides other ſymptoms of fever; but he will inſiſt he has not the leaſt fever, and that the cough is the cauſe of all theſe ſymptoms, if he happens to be informed of them; but it ſometimes happens, that all theſe are diſregarded, till he is obliged to take to his bed; for he perſuades himſelf he cannot be feveriſh, becauſe he feels himſelf cold; and, to remove which coldneſs, he continues to drink warm cordials, or hot ſpicey drinks; and, becauſe he has no appetite, he eats rich reliſhing things, as he thinks to give him one, and to keep him from being ſtarved; all of which have a full tendency to encourage, or create, inflammation, and would be the direct means to employ for that purpoſe, to an enemy, were one diſpoſed ſo to do.

By theſe improper things, a trifling cold, in the firſt inſtance, is increaſed, and a fever and inflammation is cauſed; and eſpecially if the perſon

perſon is full of blood, and been uſed to *live* what is called *well*. The many varieties of the ſymptoms, and danger attending them, depend greatly upon the age, ſtrength, and conſtitution of the patient, and the manner in which he has lived; for a perſon who has been accuſtomed to eat hearty ſuppers of groſs animal food, and drink ſtrong, viſcid liquors, may be cut off in the courſe of a few days; while a thin, ſpare, or more delicate perſon, will linger many months, in conſequence of having fewer materials in the habit for violent inflammation. The late Sir John Pringle, a diſtinguiſhed ornament of his profeſſion, ſays—"Diſeaſes, "ariſing from cold, are all of the inflamma-"tory kind, viz. coughs, pleuriſies, peripneumonies, rheumatic-pains, and the like, "together with conſumptions, which, in the "army, are almoſt always owing to neglected "colds."—And we are well aſſured, that it is ſo in the cities of London, and Weſtminſter. In confirmation of which, permit me to lay before my readers, part of a valuable paper, written by the late Dr. Fothergill, upon this ſubject.

"The moſt trifling cold or cough, ſays he, "if it continues, may either advance gradually, "till it ends in immediate miſchief, or may

" leave such impressions as may subject the " patient to frequent returns: a cough, there- " fore in children, or young persons, or in " persons of a certain make at any time of life, " ought speedily to be cured."

The way in which Colds do injury to the lungs and other parts, and so lay a foundation for future mischief, is, by the action of cold upon the *very* fine vessels, which occasion obstruction, and a little degree of inflammation, but not violent enough, at present, to be very observeable; but such a degree of tenderness is left on the part affected, that often establishes an habitual cough, which is rendered more troublesome and dangerous by every additional cold; and which, sooner or later, causes the death of the patient, unless that care is taken which we wish to point out, as necessary to prevent it. It is observed by Dr. Fothergill, that a cough, in persons of a *certain make*, should speedily be cured, and for this reason; such as are tall and thin, with long necks, flat chests, and with shoulders sticking out like wings, and otherwise of a delicate texture, are the most common victims to consumptions, and are what he means by a *certain make:* and, for the generality, those who

are

are ſaid to be born of conſumptive patients, or thoſe who often, indeed, die of what is termed heriditary conſumption, moſtly anſwer this deſcription, and are of that *certain make*, juſt now alluded to, and which is found to run thro' whole families. To ſuch perſons we cannot but recommend the greateſt care, as colds on them commit the greateſt ravages, and are always very ſuſceptible of the leaſt impreſſion. It requires, we very well know, more perſuaſion than we are maſters of, to leſſen this common, but fatal, inattention: but, leſt we ſhould be ſuſpected of having repreſented danger in too high a degree, and of having given an opinion not well founded, we ſhall give a continuance of that excellent paper of Dr. Fothergill's, wherein he ſo feelingly expreſſes the diſtreſſing ſituation to which neglect ſubjects the human conſtitution, that any who ever read it, we hope, will always bear it ſtrong enough in their minds, to make them carefully avoid every tendency to ſuch neglect.

"I know, gentlemen* (ſays Dr. Fothergill) "that you (addreſſing himſelf to a Society of

* See Medical Obſervations and Inquiries, vol iv.

Phyſicians) as well as myſelf, often have " occaſion to look back at the fatal neglect, " commited both by the ſick themſelves, as " well as thoſe who ought to have had their " future health more at heart. With what eaſe " would many of the moſt incurable conſumptive " caſes have been prevented, or cured, at their " firſt commencement? A perſon whoſe " emaciated figure ſtrikes one with horror, his " forehead covered with drops of ſweat, his " cheeks painted with livid crimſon, his eyes " ſunk, all the little fat that raiſed them in " their orbits, and every where elſe, being waſt- " ed; his pulſe quick, and tremulous, his nails " bending over the ends of his fingers; the " palms of his hands as dry as they are pain- " fully hot to the touch; his breath offenſive, " quick, and laborious; his cough inceſſant, " ſcarce allowing him time to tell you, that " ſome months ago, he got a cold; but, " perhaps, he knew not how he got it, he " neglected it for this very reaſon, and neglected " every means of aſſiſtance, till the miſchief was " become incurable, and ſcarcely left a hope of " palliation. You ſee multitudes of ſuch objects " daily, and ſee them with a mixture of anger " and compaſſion, for their neglect and their " ſufferings. Excuſe me for treſpaſſing in this " manner

"manner on your time and your humanity. "Though it is not in your power to prevent all "these sacrifices to ignorance and inattention; "yet, if the faculty combine in prompting "their fellow citizens to necessary care, and "prompt them to suffer no slight beginnings to "pass unregarded; however they may be "acting against their own interest, they will "have the satisfaction of contributing to the "preservation of many a useful life; for, "perhaps, among those who perish by consump-"tions, there are many who, in respect to the "excellencies both of body and mind, have "given indications of becoming conspicuous "ornaments of humanity."

Can there be a more affecting picture of a common and distressing scene, and shall one see the same want of care continue to prevail, after such a pathetic and feeling exhortation? Yet, we very much fear, from the numbers that apply to us in the last stages of the disease, without ever having been confined to any particular or proper regimen, that the fault does not always lie with the sick only.

We have clearly proved the great danger that arises from neglecting coughs and colds;

we ſhall next adviſe a plain and ſimple method of cure, and which is in every one's power to make uſe of; if they begin very violent, or continue long, truſt not too much to your own advice, but ſeek the beſt you can. If you are poor, there are numbers of Hoſpitals, Diſpenſarys, &c. in the metropolis, always ready to give the beſt directions; and, if in better circumſtances, it will be found a folly to put it off.

As ſome of my readers may wiſh to know how cold air proves injurious to the conſtitution, and as it may furniſh an additional caution for them to avoid expoſing themſelves more than is neceſſary, particularly thoſe perſons who have tender lungs, we ſhall give the manner as plain as poſſible.

The human body, is furniſhed with an innumerable ſet of very minute veſſels, which open their mouths, or beginnings, on the external part of the ſkin, all over the frame; and theſe communicate with every part of the body internally; theſe veſſels are what are called the pores; they carry a moiſture out of the conſtitution, called inſenſible perſpiration, and the ſweat, which is ſenſible; the inſenſible perſpiration is conſtantly and inviſibly exhaling from

from every conſtitution in health in very large quantities, even to the amount of five or ſix pounds, every twelve hours, in adult perſons. The lungs are furniſhed with a very large quantity of it, which is very viſibly ſeen on glaſs, or in a chaiſe, and which is thrown out by every reſpiration; every part of the chaiſe being equally moiſt at the ſame time, though the glaſs only points it out.

* Cold and damp air has the peculiar property of cauſing a ſpaſm, or ſome other means of acting upon the veſſels, or nerves, ſurrounding them, ſo as to cloſe up their mouths, and prevent the natural and neceſſary diſcharge of perſpiration, ſometimes over the whole body, and ſome-

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* I am ſorry that ſo great a phyſician as Dr. Heberden ſhould conceive ſo ſtrange an idea as to ſuppoſe that wet rooms, damp beds, linen, &c. ſhould not produce miſchief to the human body, an idea which every day's experience proves to be erroneous and very deſtructive to health. I have been collecting caſes for theſe twelve years paſt, in ſupport of this opinion; for the greateſt geniuſſes are miſled by Theory, as the deſervedly Dr. Heberden has been in this particular, which I ſhall ſhew at ſome future opportunity.—*See Medical Tranſactions*, Vol. 2.

times

times but in parts; and wherever this happens, the evil is preſently felt by the patient. If it is only in one particular part, as in a ſore throat, ſtiff-neck, inflamed eye, or pains in any one particular place, it is termed local, and does not always affect the health; but if it happens in a larger degree, the health becomes injured from ſympathy, or conſent of parts, if not from general diſorder. If much of the inſenſible perſpiration is thrown into the habit, or, in other words, if much of the ſkin is obſtructed, ſo as not to have a proper circulation, cold chills, and a ſenſe of cold water being poured down the back, and loins, is preſently felt; pain in the limbs, ſlight headach, and a kind of laſſitude, or wearineſs, comes on, and is ſucceeded by fever, more or leſs.

As the lungs, and paſſage to them, are moſt expoſed to cold, moiſt or noxious air, they, the moſt frequently, receive the firſt impreſſion; then the cough is the harbinger of the effect, and inflammation either ariſe from the ſpaſm on the part, in the firſt inſtance, or from the degree of agitation which is given to the cheſt, by the act of coughing. We ſee one remarkable effect of confined perſpiration in colds in the eyes, noſe, and throat, of the ſerum or limph which

which is discharged, of contracting such a degree of sharpness and acrimony, as to scald the parts it comes in contact with; it is this which irritates the upper part of the wind pipe, and causes the perpetual coughing; and, perhaps, it is this kind of irritability, which may be the internal cause of fevers in general. And from hence it appears, why colds sometimes are easily cured, having more or less of this acrimony, and why they become so dangerous, sometimes, from trifling neglect, or after having indulged in heating spirituous liquors, &c. and from hence the absurdity of the adage of "*feeding a cold*, whatever justice there may be *in starving a fever*," clearly appears.

THE

CURE of COLDS, COUGHS, &c. &c.

IN curing colds, three things are eſſentially neceſſary; to open the oſtructed pores, to diſcharge any irritable matter out of the conſtitution, and to obſerve ſuch a kind of diet, as ſhall conſiſt of a mild and innocent nature, and ſuch as is calculated to prevent fever, and inflammation, and at the ſame time be conducive to recovery.

As ſoon as a cold, or cough, is found to come upon a perſon, he ſhould immediately leſſen the quantity of his food; it ſhould conſiſt of ſuppings moderately warm, eſpecially at night, ſuch as ſmall broths, water gruel, and the like; the ſolids ſhould be rice, ſago, light puddings, fruits and vegetables; the drinks ſhould be barley-water, ſmall beer, apple-water, lin-ſeed tea, toaſt and water, or any other cooling liquid, that is void of the irritable, or heating qualities.

A friend of the author's, as ſoon as he finds a cold come upon him (and he is very much expoſed to the inclemency of the weather, from the nature of his buſineſs) confines himſelf entirely to this kind of plan, particularly to water gruel, ſweetened with honey, and which never fails to carry it off in a few days; he never is kept cloſe to his houſe, but by attending to it early, prevents miſchief, which would otherwiſe enſue; and moſt ſimple fevers, as well as colds, might be removed by ſuch early attention and prudent care.

Perhaps it will be aſked, is a man, with every trifling cold or cough, to lay himſelf up, and keep his houſe or bed? if ſo, he may be always nurſing and codling himſelf, neglect his buſineſs, and other important concerns. To which I reply, there is a medium to be obſerved in every thing; the time for confinement to the houſe muſt always depend upon the ſtate of the diſeaſe, neither is it always neceſſary to be confined at home for a cold; but ſuppoſe I really thought it, no prudent man, when he comes to conſider ſeriouſly, that he ſtakes his health, and, perhaps, his life, to a day or two's confinement at home, or retrenching himſelf from rich food, wine, or heating things, will

think

think much of the penalty to prevent it; for to enjoy good health, is the moſt important concern of human life; riches, honour, and power, are burdens without it; therefore every prudent means of obtaining it, is an indiſputable duty implanted in our nature; and nothing more contributes to that end, than attending early to ſlight colds, in order that they may not prove the ſource of greater miſchief. If on approaching the cold air, it cauſes a violent coughing, it is neceſſary to keep in a warm room till the tenderneſs of the lungs is gone off, otherwiſe, except in the caſe of fever, it is not requiſite to be kept to the houſe, but to attend to the diet, warm ſuppings at night, &c. which we ſhall mention elſewhere.

Fevers and colds become heightened by the continuing to eat animal foods, rich ſauces, and drinking of wines and ſpirits, which are deſigned to ſupport animal ſtrength, and furniſh the body with activity and fire, for exerciſe, pleaſure, or buſineſs, and now, inſtead of being wholeſome and friendly to the conſtitution, become its enemy, and nouriſh fever and inflammation. For this reaſon the All-wiſe Creator has deprived us of appetite in fevers, and rendered food

loathſome

loathſome to the ſight; the cooling fruits and vegetables, and preparations of them, poſſeſs more nouriſhing properties than is commonly believed; theſe were the phyſic of the primitive phyſicians, and many of the moderns who are the greateſt ornaments to this country, perform the greateſt cures by a judicious adoption of them. Boiled turnips, roaſted apples, aſparagus, ſalſafy, ſcorzenera, lettuces, colliflowers, brocoli, &c. poſſeſs many ſaponaceous, cooling and antifebrile principles, which correct the blood and juices, diſſolve obſtructions, and will do * more in eradicating the ſcurvy, and other foulneſſes of blood of that nature, than all your Norton's Drops, Frankfort Pills, Mercurials, Antimonials, &c. in the nation, and that perfectly innocent, which we wiſh we could ſay was always the caſe with thoſe juſt mentioned.

The

* At ſome future period, we propoſe to offer to the public, ſome obſervations on many neglected efficacious ſimples of this kingdom; for, while we are traverſing from pole to pole, in ſearch of new medicaments, we are neglecting many very valuable ones at home. We could wiſh ſuch an eſſay from a more able pen, but perhaps the attempts of the *little* may excite the efforts of the *great*.

The above kinds of nouriſhment, together with a plentiful dilution of ſoft drinks, involve the floating acrimony, and leſſen the ſpaſmodic affection, and tend to promote perſpiration. Small wine, or lemon or vinegar wheys, amazingly contribute to this end; if they are made too ſtrong of wine, or ſpirits of hartſhorn, &c. they heat and ſtimulate, and have a very contrary effect to what was intended, the patient is hot, burns, and is reſtleſs, inſtead of having a a moiſt ſkin and a refreſhing and balmy ſleep.

Bathing the feet in luke-warm water, or bran and water, that is a little hotter than milk juſt taken from the cow, going to bed, is an excellent ſimple mean of producing a regular circulation, and gentle perſpiration. Great caution is neceſſary here, not to get freſh cold; the feet ſhould be carefully and ſpeedily wiped dry, and afterwards wrapped up in a warm dry flannel, and the patient to go immediately into a warm bed. If the water is too hot, it proves a great ſtimulus, and does injury, and if cold can do no good. It is no uncommon thing for perſons that drink gruel. and other warm liquids, to promote perſpiration, that they take them before they undreſs, by which means, if it happen to be cold weather, they get freſh cold in undreſſing

dreſſing, for the warm drinks make them often break out into a ſweat, which becomes check'd before the patient gets into bed. We would therefore adviſe them to be taken after the patient is in bed, and then for him to lie down immediately, and to keep ſtill and quite for ſome time, and no doubt but the expectation will be gratified.

If the patient has a cold, attended with ſtuffing of the noſe, a cough, and hoarſeneſs, let him receive the ſteam or vapour of a large pan of warm water, wherein a few camomile flowers, or elder, or roſemary, have been boiled; this ſteam ſhould come in contact with the whole head, and face, and be continued for a full quarter of an hour, or more, and ſhould be kept hot by freſh ſupplies of hot water being put into the pan; the whole ſhould be covered with a flannel, or ſome other warm cloathing, to prevent cold air coming at the ſame time, and, after this proceſs is over, the ſame care is neceſſary to keep the perſpiration from being checked; the patient ſhould breath through a handkerchief, that the cold air may be firſt warmed, before it gets to the lungs; if the complaint is only about the head and throat, and no cough attends, a little

little vinegar added to the other ingredients may be of uſe. The bathing the feet does neither preclude the warm drinks or this remedy being made uſe of.

If the cough is the moſt troubleſome complaint, beſides the means juſt mentioned, the patient muſt be perpetually taking ſoft, mucilaginous drinks, prepared by the boiling of quince-ſeeds in water, and ſweetened with honey, or ſugar-candy, to the palate, or linſeed-tea, a decoction of barley, figs, and raiſins, &c. A tea-ſpoonful of Paregoric Elixir, or ſyrup of white Poppies, in half a pint of either of them, may be taken by ſpoonfuls, which will ſheath the paſſage to the lungs, and quiet the cough; currant jelly, and ſome of the ſoft marmalades, contribute to the ſame end; rob of elder, is a moſt excellent medicine for this purpoſe, and is aperient, ſudorific, and cooling, is preferable to ſpermaceti, and oily medicines, in general. But as oils and ſpermaceti have ſometimes their uſe, we would recommend them not to be taken in large quantities, as they are too often done, becauſe they turn rancid upon the ſtomach; when they are thought proper, the following ſmooth emulſion is thought excellently good, as thus;

Take

Where ever paregoric elixir is recommended, I would wiſh it to be underſtood, that whenever there is much heat, and opiates are thought proper, that the preference ſhould be given to the ſyrup of white poppies, or a few drops of laudenum as the elixir is prepared with ſpirits of wine and might be too heating. This obſervation I own eſcaped me, and I am indepted to Dr. John Jebb, F. R. S. for this neceſſary hint. For while we are wiſhing to do good, it ſhould be our principle object not to do harm.

Take of barley water, ſix ounces by meaſure, white ſugar, and powder of gum arabic, of each three drams, incorporate the ſugar and gum arabic together in a mortar, with a ſmall quantity of the water, and gradually mix one ounce of freſh and ſweet oil of almonds, linſeed, or oil of olives, and then by little at a time, add the reſt of the water, and it will be a ſoft white emulſion.

If opiates are proper, half an ounce of ſyrup of white poppies, or paregoric elixir, may be added, which will be ſhewn when we come to ſpeak of opiates. A dram or two of ſpermaceti carefully mixed with the ſame quantity of

gum arabic, after the ſame manner, may be prepared into an emulſion, and is better than diſſolving it with an egg, and not ſo apt to turn rancid. An excellent emulſion may be prepared of white poppy-ſeeds, or blanched ſweet almonds, which will not only ſerve as ſuch, but is nutritious and cooling, and very good in fevers of the inflammatory kind, the which is prepared thus:

Take of almonds blanched freſh and ſound, or of white poppy-ſeeds, two ounces, beat them in a marble mortar with the ſame quantity of ſugar, till they are ſmooth, adding a ſmall quantity of water to faciliate that purpoſe, a quart of Briſtol, or pure water, or barley water, may be added to theſe ingredients, and ſtrain it through a muſlin rag or fine ſieve, and then it is fit for uſe; if it is required to be more mucilaginous, an ounce of gum arabic may be diſſolved in it; half a pint of it taken a little warm now and then wonderfully ſheaths the ſharp mucus, and dilutes the acrimonious juices in the firſt paſſages.

We have already ſpoken of one ſpecies of inhalation, viz. the vapour from a pan of

water

water and camomile flowers, but to anſwer a different purpoſe than what we are now going to adviſe another. The great Boerhaave, Baron Van Swieten, and the late Sir John Pringle, very ſtrongly recommended the receiving of warm vapours to the lungs, in coughs and complaints of that organ; our experience, if of any weight after ſuch authorities, fully admit the fact and confirm the veracity and uſefulneſs of them. Mr. Mudge, a very ingenious ſurgeon at Plymouth, has lately publiſhed a book, deſcribing a machine which conveys the vapour very commodiouſly to the lungs, which he calls an Inhaler, wherein he declares, that the uſe of a tea ſpoonful of paregoric elixir, taken at bed-time in ſome warm liquid, and the uſe of the warm vapour of ſimple water through his machine, will cure a catarrhous cough in a night's time. The public are much indepted to Mr. Mudge for his ingenious invention, but many of the poorer ſort of people cannot afford to pay half a Guinea for it, a price certainly extravagant for ſo ſimple a machine; we could wiſh the poor to receive the advantages of health equal with the rich, and the means of becoming ſo, when they unhappily want it.

Every cough, whether moiſt or dry, attended with or without inflammation, receives benefit from the uſe of the inhaler, as alſo pleuriſies, ſore-throats, aſthmas, and in every affection of the cheſt, except in ſpitting of blood. Mr. Mudge recommends the vapour of warm water only, but we believe that many different herbs, boiled in water, would furniſh certain uſeful virtues to particular caſes. Indeed Sir John Pringle ſays, in his diſeaſes of the army, that Dr. Huck, now Dr. Richard Saunders (a name as reſpectable as any among thoſe who practice phyſic) had found great benefit from the addition of a little vinegar, where tough plegm abounded.

Nothing can more ſtrongly recommend the act of inhalation than the following quotation from the very eminent Dr. Huxham, and as it confirms and ſupports our opinions, as to this and ſome other parts of our treatment, we beg leave to give it to our readers, in its full length as follows:

"But nothing more effectually promotes ex-
"pectoration, (by attenuating and reſolving the
"impacted matter) than drinking freely and
"frequently of cooling, relaxing and gently
"ſaponaceous liquors; ſuch as thin whey, the
"barley

" barley ptiſan, with liquorice, figs, &c. the " decoction, or rather infuſion, of the pectoral " herbs, as ground-ivy, maiden-hair, colt's-" foot, hyſop, &c. theſe ſhould be gently aci-" dulated with juice of lemon, or Seville-" oranges; if any thing more detergent in the " above drinks is wanted, honey may be added, " an admirable natural cordial ſoap, thrown " almoſt out of the modern Materia Medica, " I know not why, nor how, for where it gripes " or purges one, it agrees with a thouſand, " and even its griping and purging quality " may be eaſily corrected by boiling. Hip-" pocrates uſed oxymel and mulſum in ſuch " caſes, and adviſed againſt drinking mere " water, in pulmonic caſes, as neither good " for the cough, nor to promote expectorati-" on;—any of all theſe things by turns drank " warm, anſwer the above intention exceedingly " well, if taken in frequent but ſmall quanti-" ties, ſipping them as it were perpetually; for " by this means much of the relaxing and re-" ſolving vapour is alſo drawn into the lungs, " and much of them abſorbed by their imbi-" bing veſſels, ſo that the relaxing and diluting " is thus carried on in a double manner, and " of courſe very effectually. Very large

" draughts

" draughts ſhould not be taken at once; for " they overcharge the ſtomach, produce indi- " geſtion and flatulence, and force up the mid- " riff too much, which greatly embarraſſes the " reſpiration; therefore Hippocrates adviſes " to drink in thoſe diſeaſes, out of a cup with a " narrow mouth, probably both that the liquor " and vapour might be preſerved warm longer " and that leſs might be drank at a time, and " alſo that the ſteam might be more copiouſly " carried into the mouth and noſe.—Many " kinds of drink he adviſes for this purpoſe, " but particularly recommends barley-water, " honey and water, oxymel and vinegar and " water."

From hence it appears that warm vapour is conſidered to be of ſignal benefit; but we would not recommend any other in ſimple coughs or colds, than the vapour from water in which have been boiled camomile, or elder-flowers, milk and water, marſh-mallow tea, or ſome ſuch ſimple things. There is a liquid advertiſed, called Stern's Æther, which we think too irritating for the caſe we now recommend. For the great intention of inhaling, is to relax the rigid or irritable membrane that lines the trachea,

trachea, or paſſage to the lungs, to ſheath the parts that are excoriated by the ſharp mucus, or to leſſen the ſharpneſs of that mucus, and cauſe it to be more eaſily ſpit away.

The cold air ſhould be carefully prevented from coming to the lungs after having inhaled; it is better done in bed than up for this reaſon, and becauſe it generally promotes perſpiration. In trying to do good we ſhould be careful to avoid every thing that may prove injurious.

If a cold be at all ſevere, nothing can ſo ſoon contribute to leſſen that ſeverity, and prevent a fever, as gentle purging; we prefer the mild ſimple things, to ſuch as are more active and violent, for it is not the very great number of motions that are procured, that gives the expected relief, as the ſtronger purges hurry through the bowels, and do not carry the irritating cauſes out of the body, nor do they tend to cool the blood and juices, and thereby prevent both fever and inflammation, which is the material object we ſhould have in view. Manna, and Glauber's-ſalt, cream of tartar, tamarinds, rhubarb, and ſal polychreſt, lenitive electary, or indeed any other gentle cooling means, which

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the patient has been accuſtomed to uſe, will be right to have continued. The following mixture is very well calculated for this end, and will agree with moſt conſtitutions:

Take of Epſom, Glauber, or Rochelle ſalt, one ounce; boiling water, or ſimple pepper-mint-water, four ounces, tincture of rhubarb, or of ſena, one ounce and half; mix. Half or a third of the whole may be taken in the morning, and repeated once in two hours till a motion or two are procured. An ounce of manna may be added to it, if the patient pleaſes. As a perſon, hard to purge, can take the whole of the above mixture, it muſt be properly proportioned to ſuch as are more eaſily moved.

Such as cannot take a liquid, may uſe the following pills, and dilute with barley-water, warm tea, or water-gruel.

Take of rhubarb in fine powder, ſal polychreſt, of each one ſcruple, calx of antimony unwaſhed ten grains, of ſyrup of buckthorn a ſufficient quantity to make eight pills, four of which may be taken at night, and the reſt

reſt in the morning, if no effect is produced before; if theſe ſhould not be found quick enough, for any particular conſtitution, a few grains of extract of Jalap may be added.

Of ſuch as are uſed to take an electary, cream of tartar, and lenitive electary, mixed together, will often anſwer the purpoſe; a tea-ſpoonful taken night and morning, ſo as to procure two motions a day is very ſufficient.

After the body has been ſufficiently opened, (or indeed before, if the ſymptoms are preſſing) that is, if there be much fever, pains in the limbs, head, or back, the cough hard and troubleſome, or there be any darting pains in the cheſt, or under the breaſt-bone, or if the muſcles of the belly be made ſore by the perpetual coughing, bleeding is abſolutely neceſſary, for theſe pains denote inflammation having ſeiſed ſome part, and as nothing ſtops the progreſs of inflammation ſo much as bleeding, from ſix to ten ounces of blood, may be taken away immediately; a few ounces taken away *now*, may prevent the repetition of the operation very many times, if this period is miſſed, and the inflammation ſuffered to go on for the want of it. You will perpetually

hear of danger arising from bleeding, of producing agues, or that it is not right to bleed in cold weather, or some other simple reasons given why the operation should not be performed. Wherever there is a tendency to inflammation, and particularly in the lungs, none that are in their senses will hesitate to take blood away. Suppose you are nervous, gouty, or low, (terms that are very vague and uncertain, and often mislead) a few ounces of blood will do no great harm, but the omission may; the quantity must be proportioned to the necessity, age, and strength of the patient, and to the manner in which he has been used to live; for one would not bleed a delicate person, and one who lives regular, in the same quantity as those who live freely, and are more robust.

The great fault is, that bleeding, like other means, neglected too long before it is performed, loses much of its power; for when mischief has taken place, the disease will have its regular course, and twenty repetitions will not have so salutary effects, or be able to reduce the inflammatory state of the blood, as one timely one would in the beginning. A few ounces of blood in coughs may generally with safety

safety be lost; but a repetition requires able advice to direct properly.

After a proper regimen has been observed, the body been opened, and a few ounces of blood taken away, if the cold should not have been attended to in time, or not get any better with the above mentioned treatment, antimonials, given in mild doses, very much contributes to relax the skin, open the pores, and remove fever and inflammation; and indeed it requires all those very often to remove bad colds.

In administering antimonials, we are not prejudiced in favour of any particular preparation, whether antimonial wine, kermes mineral, emetic tartar, or Dr. James's powder; we think indeed that all the virtues of antimony, may be received from emetic tartar, or kermes mineral, the former in doses of a quarter of a grain, to half a grain, given once in three, four, or six hours, in any vehicle; and the latter, from one to three grains in the same distance of time as they may be found to operate; a nausea, or sickness, being produced, and succeeded by sweat, or a few gentle motions, or both, is the operation we

would wish, but not violence, for persons often encrease their colds, from being obliged to get out of bed frequently, when in a profuse perspiration, from the violence of the antimonial; indeed, when there is much bile in the first passages, it serves to encrease that violence. The opening the body with our mild purge, previous to the administering antimony, prevents this taking place.

In twelve hours, fever and cold will often be carried off by a prudent use of antimonials; but bleeding and purging should precede its use. If Dr. James's powder be preferred, from three to five grains, may be given every three, four, or six hours, as was before advised. The patient does not reap benefit from being ruffled by it; and persons full of blood, and those that are weakly, receive much injury from this cause, and we fear that the indiscriminate and officious use that is made of it, does much harm; the more mildly and regularly it operates, the better and safer; that is, by gentle sickness, sweating, urine, or stool, or all together moderately.

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One caution we think neceſſary to be obſerved by thoſe who give James's powder, according to the directions in the packets, or papers, which are ſold. Always to weigh the ſame with nicety which they mean to give, and never to truſt to the quantity which their paper ſtates it to have.

They profeſs to contain, in each paper, twenty grains and a fraction, but the Author has weighed them often, and found ſome to contain twenty-nine grains in each ſingle paper, and in others, fourteen grains only; and any candid perſon may eaſily judge the miſchief that may be done by ſeven or eight grains, given to weakly perſons, when five were only intended; and what delay, and of courſe injury, muſt accrue to others, in giving and depending upon the operation of five grains, when three, or three grains and a quarter, had only been taken. It is a medicine of great power, and great virtue, given properly; but in theſe uncertain doſes, and when not properly adapted to each particular caſe and conſtitution, is capable of proving miſchievous. The public have a right to exactneſs from the proprietors of the powder, conſidering how well they are paid for it,

it, and that the health and lives of his Majeſty's ſubjects are at ſtake.

If the body and ſkin ſhould be very hot, and feveriſh, five or ſix grains of nitre, in barley-water, or the almond emulſion, will leſſen the heat and not interfere with the antimonials, when taken between the hours of taking the antimony.

The following mixture is one of the beſt general medicines to cure fevers in moſt conſtitutions as perhaps can be preſcribed, and poſſeſſes no quality likely to do harm, a circumſtance which the author would wiſh a preſcriber to have always in view.

Take of the freſh juice of lemons, three ounces, ſalt of wormwood, two drachms, emetic tartar, one grain, ſimple ſpear-mint-water, five ounces, ſugar as much as may be palatable. The whole of this mixture, will make four doſes, for an adult perſon, and may be taken at the diſtance of four, five, or ſix hours between each doſe; younger perſons may take two ſpoonfuls at the ſame diſtances of time, as may be found neceſſary; but we could adviſe people not to truſt to this, or to any general medicine too long,

long, for fear ſome ſymptom, attending particular caſes and conſtitutions, ſhould indicate ſome other mode of treatment, and which none but the experienced can diſtinguiſh or diſcover.

Dr. Buchan has very ſtrongly recommended a plaſter of Burgundy pitch, to be applied to the back for an obſtinate cough; we have known it of ſervice, but a bliſter is often as little troubleſome and more ſpeedily beneficial. Where a bliſter is objected to, uſe the other, but depend not on externals only of any kind.

Opiates are often given in troubleſome coughs; we are of opinion that they ought not to precede bleeding and purging, eſpecially if there be the leaſt fever or inflammation; Dr. Fothergill held this opinion, where the breaſt and lungs are much agitated by coughing, reſt ought to be procured; but as opiates encreaſe the heat of the body, and leſſen its powers, they ſhould be given with caution. A tea ſpoonful of paregoric elixir, or ſyrup of white poppies, in any of the emulſions, or mucilaginous drinks, as was before obſerved, and taken at going to bed, will certainly do no harm, and will tend to quiet the cough and procure ſleep.

Farther

Farther with medicine we mean not to go, nor even quite ſo far, if violent ſymptoms come on, without calling in good advice, as we have all along intimated; but as ſo many people have a propenſity to *Quackery*, we would wiſh them to do it with as little miſchief as poſſible, and as near the regular practice as may be, and for this reaſon, we have held out to them, ſafe and mild remedies, with cautious rules for adminiſtering them, and we doubt not but if they are given properly, that they will have the deſired end.

We think it our duty, after having given ſome directions to remove colds, and prevent them becoming dangerous, to offer a few remarks, whereby colds may be prevented, and conſtitutions, ſubject to catch them, rendered leſs liable to do ſo, and make the weakly to become ſtrong—and the ſtrong more vigorous.

In a variable climate like ours much will depend upon regularity in living, and the mode of dreſſing agreeably to the ſeaſon of the year, and ſeverity of the weather. In England, we are very neglectful in this particular, but we muſt admit that a great deal depends upon cuſtom begun early in life, and regularly continued.

ed. Very weakly conſtitutions may be very much improved, and ſtrengthened, by training them gradually to bear the viciſſitudes of this changeable atmoſphere, and make them become what is called *hardy*; but we have ſeen this very often carried too far; the vigour of the body as well as the mind, in ſome conſtitutions, may be very largely encreaſed, whilſt in others, if you preſs it beyond a certain *pitch* you injure both. Parents, who have theſe objects in view, would do well to conſider the natural ſtrength both of body and mind, and to bend the bough very gradually; otherwiſe, they will often break it in the attempt. So it is in perſons that are ill, or recovering from ſickneſs; when the body is in good health, it may be made, by degrees, to bear almoſt every change without inconvenience, but whilſt diſeaſe, or its effects, remain upon them, the moſt trifling innovation in diet, cloathing, &c. is not without hazard of danger.

Nothing, perhaps, contributes more to ſtrengthen the conſtitution, and render the body leſs liable to catch cold, than bathing in the Cold Bath, or in the Sea. Yet this ſhould never be uſed whilſt the patient has a cough or cold

upon him, but if it is begun in relaxed or weakly conſtitutions, or ſuch as are called nervous, colds and their conſequences will be prevented. It may be uſed twice or thrice a week.

Next to cold bathing, warm cloathing demands our attention, which we recommend to be ſufficiently worn, to prevent the keen blaſts of the north and north-eaſt winds from blowing off the perſpiration from our bodies, and thereby cloſing the pores of the ſkin, and producing colds, rheumatiſms, fevers, &c.

Moiſture is alſo very injurious to the body, but moiſture and cold applied together, are more powerfully bad, than either of them alone. Therefore, what can cold and moiſture be reſiſted ſo well by, as warm cloathing? that is, warm ſtockings, and ſhoes; and ſuch as are accuſtomed to have winter coughs, aſthmas, ſore throats, &c. will find a thin flannel waiſtcoat worn next the ſkin under the ſhirt, to be one of the beſt preventatives known; and we are ſurprized to find the judicious Buchan object to flannel.

No body of men enjoy better health than coachmen and chairmen, who go through every viciſſitude

viciſſitude of weather, and we attribute it to their going ſo warmly cloathed as they do, and their health would be ſtill more permanent, if they had not a bad cuſtom of drinking warm purl, and other warm drinks, and immediately after going into the cold air; whereas a glaſs of any ſpirits, or a pint of cold ſtrong beer, fortify the body againſt cold much more, becauſe the warm drinks open the pores, and the cold ones do not.

We are ſorry to ſee ſo many abſurd faſhions invented for my fair country-women, fraught with ſo much danger to their health, and of courſe to their beauty. If they are to wear great hoops, ſhort ſtays, and petty-coats up to their knees, they require warm flannel drawers, and warm under coverings to keep them from the influence of cold. It is a matter of ſome ſurſpriſe, that delicate as they really are, more miſchief does not accrue from ſuch modes of dreſſing. In a morning, they are wrapped up, with cloſe warm gowns, and the face, neck, and cheſt, carefully guarded from cold by a warm cap and handkerchief; and in the evening, are ſeen half naked in the ſtreet, the play-houſe, or in a cold

coach. Or, perhaps, after ſitting in a warm room, heated with large fires, a number of candles, and full of people for three hours together, then, all on a ſudden they walk through a cold airy gallery, and winding ſtairs, with currents of wind blowing up; and afterwards be driven a mile or two in a cold coach, through a pinching froſt, or damp midnight air.

Our young men are equally careleſs in conducting themſelves in the ſame things, as well as in their cloathing, one minute they are in a hot crouded play-houſe, and the next expoſed to the cold piercing eddies, and great currents of air that are felt round the Garden, the larger ſtreets, and St. Paul's; and ſo indiſcreet is pride, that you ſeldom ſee them in a great coat when they are dreſſed for the evening, although they have been wearing it almoſt the whole day before.

Our young citizens are particularly regardleſs of this circumſtance; one part of the day they are in a cloſe warm accompting houſe, and in the evening with light thin cloaths, with the breaſt open, and perhaps under a courſe of mercury.

cury. Mercury is injurious to the body, when troubled with a cold, and it is dangerous to be expoſed to wet and cold during the time it is taken, as it contributes to the catching cold by its debilitating powers.

We could wiſh the morals of the people were ſuch as not to require its ſo frequent exhibition; but as we cannot be expected to reform the age, we think it our duty to recommend warm cloathing, whilſt they are requiring its ſpecifick virtues, that it may not do more injury than good.

Too warm cloathing relaxes and debilitates the body, and promotes too plentiful perſpiration; a medium is therefore to be obſerved, but a want of that which is proper, is attended with more ſerious miſchief than by too warm a cloathing, if it be not imprudently thrown by *ſuddenly*.

Children, that are ſubject to gripes, convulſions, coughs, &c. ſhould always wear warm ſtockings; theſe, and many of their complaints, ariſe, from their tender limbs being chilled, by the

the fevere cold of our winters, and their legs and feet not being covered at all—A pernicious cuſtom!

To conclude, if every perſon that finds himſelf afflicted with a cold, would take the trouble to read this pamphlet with attention, ſo as to underſtand its contents well, and not to curſorily catch one part, without attending to the other; and afterwards carefully to apply the means here recommended, we flatter ourſelves, without preſumption, that the complaint would ſoon be removed, and the patient, inſtead of languiſhing many months of a conſumption, in conſequence of having neglected this care, would enjoy good health, and vigour in its place. Was this to be attended to in general, it would ſoon put an end to the diſputes of the learned, whether our *births*, or our *burials*, exceed each other; by the great numbers of ſubjects it would ſave to the ſtate, and ſhew foreigners, that conſumptions are rarely, if ever contagious in *England*, and by no means ſo common as they are in Spain, Portugal, and Italy. The great contagion here is, *carleſſneſs of colds in their origin*, and which we

we hope to ſee leſſened every day, it is *our* moſt anxious *wiſh*, and if we have the pleaſure to hear, that, *but one parent ſaved his darling ſon, or one ſon an affectionate and tender parent, thorough our directions, we ſhall have a rich reward*; and it will confirm us in an old favourite motto, that "NO LIFE IS SO PLEASING TO GOD, AS THAT, WHICH IS USEFUL TO MANKIND."

Succeſsfull

SUCCESSFUL DIRECTIONS,

To PREVENT and CURE

CONSUMPTIONS.

——————For want of timely care,
Millions have died of medicable wounds

DR. ARMSTRONG.

THERE is no diſeaſe which robs the world of ſo many uſeful members of ſociety as Conſumptions; the merchant, the mechanic, and the ſcholar, alike become victims to its fatal influence; for not only men of the greateſt talents, but women, of the faireſt forms and livelieſt ſenſibility, who might have become ſhining ornaments to the nation, as well as to domeſtic happineſs, are untimely ſnatched away, by this cruel diſtemper.

Conſumptions have always been common in this country, and we very much fear, that they are found rather to increaſe than diminiſh, and probably from ſome of the following cauſes: Our youth are not ſo robuſt and ſtrong as they uſed to be, owing to the preſent modes of living, and other habits of life. We have many more perſons employed at ſedentary trades than uſed to be, in large towns, and in many buſineſſes, which furniſh the ſurrounding air with unwholeſome materials, which are drawn in with the breath, and injure the lungs; many are alſo engaged in employments which require an almoſt conſtant bending of the body forwards; and others to preſs upon the cheſt, and ſo cauſe additional labour in reſpiration; and conſequently to the circulation of the blood.

Pleaſure, and diſſipation, are alſo ſought after by all ranks of people; the numerous places of public amuſements, are ſo many ſeed beds, and nurſeries for colds. In ſummer, as well as winter, the ſame danger prevails; owing to perſons not conſidering ſufficiently the nature of our climate. At Vauxhall, and other nocturnal amuſements, what numbers may be

ſeen

ſeen at midnight, as thinly cloathed, as they were in the middle of a hot day? the hotter the day, the larger the quantity of dew naturally falls, and ſometimes the whole atmoſphere is loaded with watery vapour, and a briſk eaſt, or north eaſt wind, blowing at the ſame time; the pores being opened by the heat of the day, more readily become ſuddenly cloſed, a check of perſpiration takes place, the lungs at the ſame time imbibe the damp, and cold air, and a foundation is often thus laid for future ſerious miſchief.

But while the chilling dews deſcend
Let nothing tempt you to the cold embrace
Of humid ſkies——————

DR. ARMSTRONG.

Our boys, particularly in the metropolis and other large places, have too early and too frequent a knowledge of the ſex, which leſſens the growth and ſtrength of their conſtitutions; nor does the miſchief ſtop here, for a *certain diſorder* is too often the conſequence of ſuch purſuits; and the means neceſſary for its cure often debilitates the body, breaks down the

crasis of the blood, weakens the clastic fibres, and renders the body more liable to receive, and less able to resist, the sudden changes, from heat to cold, which they are perpetually exposing themselves to.

There is also a practice, too common in large schools, and sometimes in private life, which has very bad effects on the constitution, which is Onanism. Parents, and guardians, and those who have the charge of youth about the time of puberty, cannot be too watchful to prevent it, or depict it in too hateful colours, in order to keep it from growing into a habit, and therefore become, like all other habits, difficult to remove.

Whether we are right in our conjectures, it is not for us to determine; be it sufficient that we think, from the observations which we have made, that we are warranted in drawing such conclusions, and offer them as beacons to the unwary. Upon the same principle, we beg leave to make another remark, which we think ourselves equally justified in hinting to our fair readers; which is to be very cautious, in the use of *cosmetics* to beautify the skin, or take off

off pimples from the face, &c. for thoſe which are moſt uſed, are prepared from white lead, and other moſt deleterious poiſons; which, not only repel the humours, but communicate their poiſonous qualities to the lungs, and other tender parts of the conſtitution.

To theſe occaſional cauſes many more might be added; but as it is not our deſign, to write a regular and compleat treatiſe on Conſumptions, we ſhall content ourſelves, with juſt ſtating the general appearances and effects of the diſeaſe, and ſuch means as we have obſerved to be beneficial, or detrimental, to thoſe who have had the diſorder,

The generality of Conſumptions, as we have before obſerved, are brought on by the negecting colds in their early ſtate, or by ſome other cauſe, which might have been as timely removed, had it been attended to; in this we include ſuch perſons as are ſaid to be born of conſumptive parents, or out of whoſe family ſome have died of this diſeaſe. For although we admit that many diſeaſes be hereditary; and that very diſtreſſing caſes frequently happen, where

where this proves fatal to ſeveral, in one, and the ſame family; yet we cannot forbear thinking, but that many of them might have been prevented, by attending to the rules ſtated in this, and the former part of our work.

In the beginning of theſe ſheets, I have expreſſed myſelf, as ſtrong as I was able, of the numerous evils which ariſe for the want of care; and although, I have my hopes, yet I have my fears, leſt it ſhould happen in this caſe, as it happens in general, that advice, gives no new powers of reſiſtance. Yet I cannot again forbear warning ſuch perſons as have coughs or other diſorders in the lungs, to avoid if poſſible the fate of as amiable a young lady in my neighbourhood as ever the ſun ſhone on; the beauty of whoſe perſon could only be equalled by the goodneſs of her heart, and other endearments of mind! a caſe which will not now admit of relief, although it moſt probably would have done, had ſhe taken the proper care in time, or had the diſeaſe been thought ſerious, when it was remediable. It worked, like a worm in the bud, to the unſpeakable

diſtreſs

diſtreſs of one of the beſt of parents, and other lamenting friends.

It is perhaps worthy of remark, that moſt of our youth, of both ſexes, who ſhew very extraordinary marks of genius early, be generally of very weak delicate conſtitutions; their natural eagerneſs to improve, and to excel, is equally pleaſing to themſelves, their parents, and their friends. In this caſe, the very numerous, and arduous ſtudies, and other neceſſary qualifications for the completition of the character of a bright genius, become too mighty for them to undergo with ſafety to their health. Nature, at this time of life, has many important offices to perform, which are impeded, by too great exertions of any kind; the ſolids become weakened, inſtead of accumulating ſtrength; the ſmaller veſſels are unfit for their ſeveral functions, for the want of that principle which nature employs in giving firmneſs, power, and exertion to the conſtitution, when it is weak from any cauſe, and particularly in ſuch perſons as out grow their ſtrength. The whole frame inſenſibly becomes diſeaſed, and is ſometimes in the greateſt danger, before

the

the patient, or the friends ſuſpect that medical aſſiſtance be neceſſary; and happy it is, when that aſſiſtance is able to diſcover the real cauſe, or do any permanent good. Therefore, ye parents! who have children of this deſcription, conſider that ſhining abilities will make their own way, and will not be obſcured by time, that the fruit will be ripe in due ſeaſon, that bodily ſtrength is neceſſary to great exertions of the mind, and that many of the choiceſt plants, and moſt beautiful flowers, require the minuteſt, as well as the moſt diligent care to bring them to mature ſtrength and beauty, and when arrived to that certain pitch, will bear many a nipping froſt, and piercing cold, with impunity, which but a little before, would have deprived them of exiſtence. The above caſes often end in conſumption, therefore great judgement is neceſſary to diſtinguiſh the true cauſe and apply proper means, and whoever is thus circumſtanced, we cannot but urge them to guard againſt ſo diſtreſſing a ſituation in time.

The moſt frequent cauſes which occaſion conſumptions, are the ſmall pox, meaſles, and ſeveral

veral other ſpecies of eruptions repelled upon the lungs, cuſtomary evacuations having been ſtopped ſuddenly, ſuch as iſſues, ſweaty feet, the menſes, &c. colds neglected, ill cured inflammation, ſpaſmodic aſthmas, ſcrofulous affections, tubercles, a ſpitting of blood from the lungs, a malformation of the bones of the cheſt tight ſtays, and other cauſes which impede the free action of reſpiration. Abſorption of matter from an abſceſs, women giving ſuck beyond their ſtrength, or when emaciated by other profuſe natural drains, the materials of ſeveral manufactures being drawn into the lungs in the act of reſpiration, ſuch as barbers, mealmen, glaſs grinders, ſtone cutters, &c. &c. all tend to the ſame deſtructive end.

If the Conſumption ariſes from violent colds, the ſymptoms may be gradually traced from the beginning; but, if from any of the above mentioned cauſes, it requires diſcernment to diſcover what that be, that it may have its correſpondent cure, as may be ſeen, by the following caſe: A lady, without any previous known cauſe, or apparent neglect, ſeemed to be growing conſumptive, very able phyſicians had been frequently conſulted, and every rational means

were uſed for her cure, but without effect. One day I aſked her, if ſhe had any objection to an iſſue? ſhe anſwered no, that ſhe had had one all her life, till within a few months, when ſhe was deſired to dry it up, but now ſhe began to recollect, ſhe had never been well ſince. An iſſue was inſtantly made, and ſhe very ſoon after got well, and ſtill continues ſo; this is four years ago.

Perſons, who are moſt ſubject to become conſumptive, are of a delicate make, fair complexion and florid countenance, ſoft ſkin, long necks, narrow cheſts, prominant ſhoulders and hips ſticking out like wings, with hollow temples, thick upper lips, and teeth of a milky whiteneſs. Many of the above deſcription have conſtitutionally weak lungs, and the glands of the neck, lungs and bowels, are often obſtructed, but theſe do not always produce miſchief, till colds or ſome other cauſe, ſets them in a flame, which ends in ſuppuration, hectic fever, ulcers, and conſumption.

Sometimes, where tubercles be the immediate cauſe, and have been made tender, from too great exerciſe, breathing bad air in hot croud-

ed rooms, improper food, colds, &c. the beginnings are hardly perceivable, the cough not being very frequent at firſt, generally dry, or unaccompanied with much expectoration, and that, moſtly, of a light frothy mucus, mixed with air, and moſtly in a morning, and excite vomiting; the patient feels an uneaſineſs about the cheſt, or a ſenſe of pain on lying down, on one, or both ſides, or under the breaſt bone; the breathing is alſo oppreſſed with the leaſt quickened motion, and particularly ſo in hot rooms, or in moiſt weather; his ſpirits are very irregular, being ſometimes very lively or ſad, without any known reaſon; a red fluſh will appear upon one, or both cheeks, eſpecially after meals, with a dryneſs and heat in the palms of the hands; a particular quickneſs in ſpeaking may be obſerved, as well as an unnatural peeviſhneſs, which gains upon them, though before of the ſweeteſt diſpoſitions; all or moſt of theſe ſymptoms, may be ſeen by a careful obſerver many months before the patient thinks of complaining, or will acknowledge that he is ill, and then the cough perhaps may be found to grow more troubleſome, and all he ails is attributed to it, and to appeaſe which the family apothecary is ſent for, and is deſired to adminiſter ſome ſoft balſamic, but if he talks of bleeding or regimen, which now is abſolutely ne-

ceſſary, he is ſuppoſed to have ſome private views of his own to anſwer, or the patient replies that he is not bad enough to ſubmit to that yet; when God knows, this is the very time that he can be of real ſervice. By a little care, and attention, the urgency of the cough becomes abated, the ſoreneſs of the cheſt is alſo leſſened, and being tired of medicines, and conſtraint or confinement, the patient thinks the reſt will wear off; thus half cured he immediately flies to the ſame round of diſſipation, or expoſure to colds, or other means which firſt brought it on, which does not fail to add to the already dangerous heap, which daily accumulates till it ends in the diſeaſe in queſtion.

After having given a full deſcription of this diſeaſe, I hope my readers will excuſe my frequent repetition of advice relative to taking care in time; it is from a conviction that it cannot be too often repeated or enforced, and not from a tautological uſe of the term, which it might otherwiſe appear to be; for I would rather that a critic ſhould ſay I had uſed ſuch a ſentence too often, than that one perſon ſhould receive any injury for the want of attending to it. Or if this

this be a blemiſh to the work, I hope it will be obſerved by every reader.———

I ſhall not ſay much with reſpect to medicine here, for the reaſons before given; the principle things which I ſhall adviſe, will be more to regulate the conduct of patients, by applying to their reaſon, matters within their comprehenſion, and ſuch minutiæ as phyſicians have not always time to direct, but which in my opinion are eſſentially neceſſary.

In the beginning of Conſumptions, bleeding is a principle remedy, and in almoſt all conſtitutions, abſolutely neceſſary, which muſt be repeated often, in ſmall quantities, according to the urgency of the diſeaſe, and the ſtrength of the patient.

If pain in the ſide, or under the breaſt bone, ſtriking ſtrait to the back bone, or oppreſſion in breathing, or the cough be remarkably troubleſome, or the expectoration ſtreaked with blood, no medicine can be ſo uſeful as bleeding; three or four ounces, may be ſafely taken from very weakly perſons in the above caſes, for

for theſe plainly indicate inflammation, which will do more miſchief, than the temporary inconvenience, which may be ſuppoſed to ariſe from the weakneſs which bleeding may produce —thoſe who are not ſo weak, may have it repeated, once in three, four, or ten days, if the pains, or other preſſing evils remain. By this the root of the diſeaſe is ſtruck at, and its progreſs ſtopped.

At the ſame time that bleeding is neceſſary, the body muſt be kept open, with cooling neutral ſalts, ſuch as ſal polychreſt, cream of tartar, ſoluble tartar, &c. or the following powder taken three, or four times a day, in thin barley water, or any other ſimple vehicle, will anſwer that purpoſe, and contribute to abate feveriſh heat, and inflammation.

Take of ſal polychreſt, ſugar, and compound powder of gum tragacanth, of each a ſcruple, mix for one doſe. This may be increaſed or diminiſhed, in proportion to the effects; or a tea cup full of the following pleaſant apozem, may be taken three, or four times a day, for the above purpoſes.

Take

Take of cream of tartar, and purified nitre, of each two drams, pearl barley half an ounce, honey two ounces.—Boil theſe gradually in three pints of water, till half is conſumed, then ſtrain off the clear for uſe; liquorice root may be added or not at pleaſure.

If the body be too much opened by the above recited medicines, the following draught may be uſed, to abate the fever, or inflammation, and ſhould be taken two or three times a day, or oftener if needful.

Take of ſugar and prepared chalk, powder of gum arabic of each half a dram, nitre purified fifteen grains, pure water, or ſimple mint water, two ounces.

If the nitre ſhould be found to occaſion gripes, or prove too cold for the ſtomach, it may be leſſened to four or five grains, the ſaline mixture with or without the emetic tartar, may be taken for the like caſe, as in ſome conſtitutions it agrees beſt; a dram of prepared chalk may be

be added to the mixture, and the emetic tartar omitted, where too many motions abound.

The inhaler ſhould be uſed frequently with the ſame cautions as directed in the firſt part; this will lubricate the inflamed lungs, leſſen the cough, and cauſe the mucus to be ſpit away with more eaſe and ſafety.

Bliſters are moſt ſafe efficacious things in all complaints of the cheſt; it is not perhaps ſo much from the quantity of diſcharge which they draw away, as from a particular effect they have of inviting the inflammation from within outwardly, as is found in caſes of ſore throats, &c. we therefore adviſe ſmall ones to be applied from time to time, to different parts of the cheſt, where the pain is, or upon the back, pit of the ſtomach, or ſides; when one has been on the part affected a day or two let it be healed, and in a day or two after apply another to ſome other part, if wanted; this is leſs painful and more efficacious, than what is called a perpetual bliſter, for with that there are freſh flies applied and more trouble in general.

Iſſues

Iſſues between the ſhoulders, or between the ribs, in many deſperate caſes, I have known of ſingular advantage; Mr. Mudge, and others, lay great ſtreſs upon them; I have myſelf a good opinion of their uſe, and therefore recommend them.

As many very potent medicines might be preſcribed, and perhaps applied improperly, we ſhall forbear mentioning any more, except for violent coughs, leaſt we ſhould do ourſelves, what we condemn in others; we ſhall therefore mention a few ſimple medicines, which will do no injury, and yet contain conſiderable virtue, in allaying fever in the lungs, and at the ſame time be lightly nutritious.

For this purpoſe we recommend decoctions, or infuſions of liquorice root, figs and raiſins, marſh mallow, dandelion, colts foot, comfrey, eryngo and mullein roots, either of theſe, ſliced, and boiled in water until pretty much impregnated with the virtues of the plant, an ounce or two to a quart of water, and boiled to a pint, will be of ſufficient ſtrength; ſuch as are very glutinous, as comfrey, leſs of the root will be ſufficient; theſe,

ſweetned with honey, are moſt excellent healing pectorals. If the fever is much abated, or if the patient be weak, or in ſuch a ſtate as bark might be thought adviſeable, the bitter pectoral herbs, will generally be found more beneficial, as they do not bind the cheſt. For this purpoſe, I recommend infuſions of hoarhound, ground ivy, lungwort, maiden hair, elecampane, wild ſuccory, oak lungs, &c. the juice of lemons, or oranges, or any other vegetable acid, may be put in great plenty, in any of the drinks, if they agree; they cool, and abate fever, ſtrengthen the ſtomach, and check night ſweats, and in general are to be preferred to mineral acids.

Honey, for almoſt all diſorders of the breaſt and lungs, is a moſt admirable remedy; Doctors Huxham, Arburthnot, and many other great men, have very juſtly extolled it; and as it does not agree with all conſtitutions, we apprehend, that clarifying it, would make it do ſo; indeed, ſome care is neceſſary to procure it genuine, as it is a very common baſe practice for dealers in it, to adulterate it, and in this caſe, no one knows what they eat; it may be uſed, in common drinks, in medicine, and on bread inſtead of butter.

As

As the cough is a very troubleſome ſymptom, during the progreſs of conſumptive diſorders, it may not be amiſs to give a few directions, in addition to thoſe we have already, to keep the violence of it from doing more miſchief, while the cauſe is being removed, by the means juſt recited; and ſuch others, as we ſhall have occaſion to mention; the pectoral infuſions, and decoctions, above adviſed, will generally anſwer the end very well, but as there are many caſes, which they will not, we ſhall give a preſcription for a mixture, which will act as a good expectorant, appeaſe the cough, and procure reſt, and if any thing more anodyne is wanted one, or two of the expectorating pills may be applied for that purpoſe.

Take of mucilage of quince ſeeds ſix ounces, oxymel of ſquills half an ounce, ipecacuanha wine one dram, liquid laudanum ten drops. Mix. Of which a deſert ſpoonful may be taken now and then to help the cough and to ſheath the paſſage to the ſtomach; it ſhould be ſwallowed gradually, and will thereby be more efficacious. This may be called the Healing Expectorating Mixture. And the following, Anodyne Expectorating Pills:

Take of laudanum, conſerve of roſes of each five grains, dried ſquills in powder, ipecacuanha in powder, of each four grains. With any ſyrup, make theſe up with care into ten pills, one or two of theſe may be taken at night going to bed, when neceſſary. One caution is very neceſſary; wherever opiates be given, to take care that they do not make the patient coſtive, which they generally do, the ſquills and ipecacuanha may probably prevent it, but if they do not, uſe ſome of the opening medicines already adviſed.

When the lungs are loaded with tough phlegm, and unattended with pains in the ſide, or under the cheſt, or other ſymptoms of inflammation, from five grains to ten of ipecacuanha, may be given once or twice a week, in a diſh of tea, in the morning in bed, and the patient to lye down after it; in half an hour, more or leſs, it will cauſe a gentle effort to reach, and another diſh or two of tea may be drank, and it will come off eaſy; I do not mean this as a regular puke, but only as a means to looſen the tough phlegm in the lungs, and by the little exertion of puking, to bring it away more

more expeditiouſly, and indeed more ſafe and pleaſant, than by much coughing.

The moſt difficult taſk, we are now going to impoſe, which is a rigid adherence to a particular regimen, without which the choiceſt medicines looſe their proper effects, and the beſt advice is thrown away; the diſeaſe cannot be cured by medicine without the diet correſponds, and of the two, I would ſay, rather neglect your medicine than your food, for one improper meal may do more miſchief than any phyſic can be able to remove in a week.

In almoſt every caſe of conſumption of the lungs, where recovery is much to be expected, (ſome few exceptions to the contrary being allowed) fleſh meats, and every preparation of them, muſt be forbidden. Fiſh, as partaking in ſome degree of the ſame nature, is alſo improper. Calves feet jellies, nouriſhing ſoups, and ſuch things as are generally conſidered by good houſewives, and people in general, as neceſſary to recruit the ſtrength of the ſick, are much too rich and ſtimulating, and too heavy to digeſt properly. In their place, a diet conſiſting of fruits, vegetables,

vegetables, milk, and farinaceous ſubſtances, muſt be ſubſtituted. Theſe will be quite ſufficient to ſupport the powers of life, while the nature of the food will furniſh a mild ſoft nutriment to the body, free from irritating qualities, to agravate the diſeaſe, the ſimplicity of which in time changes the whole maſs of blood and juices, from a hot inflammatory ſtate, to that of a pure healing kind, and render the ſolids leſs ſuſceptable of feveriſh heat.

For when the lungs, or the membranes leading to, or ſurrounding them, are become inflamed from colds, or any other cauſe, the blood which is prepared from eating any of the above-mentioned things, is of a very ſtimulating nature, and produces that kind of effect, as urine does, when applied to the eyes, or ſalt water to a wound; this irritation cauſes ſpaſm, and, by its effects, hurries the blood through the lungs faſter than it ought to do, to be properly ſtrained, and purified, and mixed with air, (which is the natural office of the lungs to perform) this alſo quickens the pulſe as quick again as it does in health, and creates a diſturbance to the

the whole frame; the fever is thus kept up, and the conſtitution is worn out, by the conſtant action, and re-action of nature, in attempting to remove it.

There is ſo much obſervance neceſſary in this matter, that even very mild food may produce bad chyle, and therefore an irritating principle to the blood, animal fibres, nerves, or whatever elſe conveys the active principle of life or diſeaſe; I will not diſpute with caſuiſts, which of them does it; be it ſufficient, that in my opinion, a very hearty meal taken of rice, or any other food equally innocent, may, by diſtending the ſtomach, leſſen the free action of the heart and lungs; by overloading the powers of digeſtion, and by filling the inteſtines with more chyle than can be properly prepared, may produce all the miſchief we want to avoid.

Therefore, for the above reaſons, we recommend, that conſumptive perſons ſhould take only a little food at a time, but repeat it the oftener; they ſhould not be ſo careful to attend to regular meals, but ſtudy more what will remove the cauſe of the diſeaſe, than pleaſe the palate.

palate. An ingenious perſon, may make, or prepare, an almoſt endleſs variety of diſhes, from the vaſt tribe of fruits, vegetables, &c. to ſatisfy the deſires of a reaſonable being, without meat; potatoes may be boiled, baked, roaſted, and prepared in a variety of ways—rice, ſago, millet, ſalep, tapioka, pearl barley, &c. will make a numerous tribe of pleaſing repaſts; ſalads, and ripe fruits; marmalades, and preſerves; jellies, and preparations of them; with good light well baked bread, will furniſh moſt delicious banquets in their turn. But of all the moſt generally uſeful and acceptable foods, milk claims the preference, and will admit of abundance of means to make it palatable and uſeful. Rennet whey, in conſumptive caſes, as well as in many others, is beyond all praiſe, in my opinion; the living entirely upon rennet whey and a little white bread, and baked apples, for about ſix weeks, reſtored to health the author of this, from a ſtate the moſt dangerous; and he truly may ſay he was ſtarved into life. A quart or three pints or more, ſhould be drank daily.

Permit me here to remark, that much miſchief is done by a common cuſtom, of weakly perſons

perſons going to drink the milk from the cow, (as it is termed) it is in general too rich for the ſtomach, and is apt to curdle, and eſpecially when rum is mixed with it, a very common, but a very pernicious cuſtom. Doctor Fothergill took great pains to aboliſh this very dangerous practice—In general milk is beſt for conſumptive perſons, and other valetudinarians, after it has been ſkimmed, or the groſſer parts ſeparated by cream of tartar, oranges, lemons, ſorrel, raiſins, or ſome other grateful acid. Buttermilk, aſſes, goats, or mares milk, may be taken in their natural ſtate, being much lighter than that of cows. Some phyſicians have had opinions, that milk would be more ſalutary, were the cattle to be fed on particular herbs, but in mine, this purpoſe will be better anſwered, by making a ſtrong infuſion of the herbs you want, and mixing milk with it, as you will then certainly know the exact proportion of the herbs which you receive, otherwiſe not. Turnips baked in equal parts of milk and water, and the juice afterwards ſtrained, and ſweetened with ſugar-candy, and drunk often, is very uſeful for coughs, as well as nouriſhment.

The following is a moſt excellent food, which may be made and taken at pleaſure; it may receive a variety of flavours from roſe water, orgeat, orange flower water, &c.

Take of rice, pearl barley, ſago, and of candied eryngo root, of each one ounce, boil theſe in three quarts of water, till half is conſumed, and towards the end put in a quart of milk, then let the whole boil a little and ſtrain it for uſe; or thoſe who chooſe, may eat it all as it is; thoſe who are very weakly had better ſtrain it; it will be as light as aſſes milk, and more nouriſhing, and not ſo liable to cauſe a purging. A quarter of a pint ſhould be taken three or four times a day a little warm.

Lettuces, ſavoys, cauliflowers, artichokes, peaſe, beans, turnips, ſcorzenera, ſalſafy, and aſparagus, &c. &c. may be freely indulged in, cooked in a variety of ways. It is very obſervable, that the hiſtory of medicine furniſhes us with a number of caſes of perſons, having recovered, after both phyſicians and friends, had given them up to die; theſe perſons have been reſtored by living entirely upon cucumbers, grapes

grapes, melons, water-creſſes, milk and bread, or ſome one of them. There may be a few caſes of conſumption, or of conſumption of a particular kind, where more generous nouriſhment muſt be allowed, but theſe are rare; but ſo long as appetite is more conſulted than health, and ſo long as medical men continue to indulge it, rather than diſpleaſe their patients, conſumptions will be common, and will prove fatal! an indulgent phyſician, in theſe caſes, is like a mild judge to a deſperate criminal, who injures ſociety by miſtaken lenity.

The drinks ſhould be rennet whey, the common emulſion, Briſtol water, Seltzer water, or any light pure cooling drinks; they may be acidulated with oranges, lemons, apples, currants, tamarinds, or other fruits, or ſweetened with honey, capillaire, orgeat, &c. but wines, beer, ales, and all ſpirituous, or fermented liquors, ſhould be conſidered as improper; they promote fever, and inflammation, excite coughing, and encreaſe the diſeaſe. Coffee, or tea, cocoa, &c. may be drunk, provided they be not taken too hot, or in two large a quantity at a time, and with one third of ſkimmed milk mixed with them, and

not found to affect the nerves. If so their use is improper—Butter, cheese, and cream, are too rich, irritating and gross to be allowed with propriety.

Next to proper food, drinks, and medicines, pure air is of the greatest importance to the recovery of comsumptive persons; and we are well assured that it is not sufficiently attended to by the faculty, or we should not see so many persons in the last stage of the disorder, before they are sent out of London, and other large towns.

The air of large cities is certainly bad for diseased lungs, and I fear that the air of Islington, Brompton, Chelsea, Kensington, &c. is not sufficiently ventilated or free from the effluvia of London smoke, to make them so advantageous as more lofty situations, or those a few miles farther from town*. The situation must be suited to the nature of the disease and to the time of year, or severity of the season; it would be absurd to send

* Nor can any place be wholesome for diseased lungs where stagnant waters, or the contaminated air arising from putrid vegetables abounds, which is the case near many large nurseries, and in many places in the vicinity of the river.

a very

a very weakly perſon in the middle of winter, on the ſummit of Hampſtead or Highgate Hills, or to bleak Black Heath, but warm mild ſituations may be found even in winter, near to the above places, which are ſheltered from the colder winds, yet enjoying the benefit of pure air.

In that elegant poem on the art of preſerving health, the following compliment was paid very deſervedly to Hampſtead.

But if the buſy town,
Attract thee ſtill to toil for power or gold,
Sweetly thou mayſt thy vacant hours poſſeſs
In Hampſtead, courted by the weſtern wind.

Much might be ſaid on the variety of ſituations which would be injurious or ſalutary to conſumptive perſons, but would take more time than we can here admit; ſuch a work, executed with ability and candour, in our opinion, would be a valuable acquiſition to the public.

The next thing which I have to recommend, is a proper regulation of exerciſe. There is nothing more injurious to conſumptive perſons than riding on horſe-back at improper times, or in an improper degree, for altho' it ſtands recommended by the higheſt authorities, both ancient and modern,

modern, yet it has not been ſufficiently limited to prove of benefit, without very frequently being injurious. If there be fever, ſpitting of blood, violent coughs, attended with pains in the cheſt or ſide, or a very quick pulſe, much exerciſe of any kind is improper; but where theſe do not prevail, gentle riding, and encreaſed by degrees, as the conſtitution can bear, by giving a general and equal exerciſe to the whole frame, makes it ſalutary and agreeable, if taken properly; for the times of riding, require attention to direct judiciouſly the ſeaſon of the year, temporature of the climate, and the ſituation, muſt be all well conſidered.

To ride very early in the morning, before the ſun has warmed the air, and diſperſed the dew, or fog, is very injurious, and likely to encreaſe the cough; or if the patient be recovering, may bring on a return of the complaint. It is equally improper to ride in the middle of a hot day, or be expoſed to the fervid heat of the ſun, as alſo too late in the evening, when the dews are falling, for the lungs are ſuſceptible of the leaſt impropriety in theſe reſpects, and thoſe who know the hazard, will do well not

not to venture. The riding in a coach or chariot, ſailing in a boat, or any other eaſy exerciſe in the open air, is preferable to walking, or any other that occaſions much fatigue.

The minds of conſumptive perſons ſhould be kept as tranquil as poſſible; great anxiety after buſineſs, pleaſure, or ſtudy, or any other thing, which has a tendency to ruffle the nerves or diſorder the frame; but ſuch light things as will amuſe the mind, and paſs the time away chearfully, will contribute to the cure. Nor need I ſay that anger, or any violent paſſion, proves extremely injurious to conſumptive perſons. Dancing, ſhouting, reading, or talking loud, ſinging, or blowing wind inſtruments, or any means which call for much exertion of the lungs, is improper. The patient ſhould keep the body in as eaſy an upright poſture as poſſible, therefore ſhould be careful to avoid leaning on the cheſt, and to let the blood have a free equal circulation by refraining from tight garters, tight ſtays, &c. and, it is no inconſiderable moment for the patient to lie moderately cool in bed, and on a matraſs particularly where night-ſweats prevail; nor need I ſay, to go to bed ſoon in the evening, and riſe early in the morning.

morning. It would be much happier if patients could be brought to consider how much a speedy and permanent recovery depends upon the observance of such trifling circumstances, and how little a matter deranges the frame of a valetudinarian! which, by being neglected time after time, it becomes very difficult to establish a fund of good health again; nor can I better conclude than by the following lines from that excellent poem of Dr. John Armstrong, on the art of preserving health.

——While the vital fire
Burns feebly, heap not the green fuel on;
But prudently foment the wand'ring spark
With what the sooneſt feels its kindred touch:
Be frugal even of that, a little give
At first; that kindled, add a little more;
Till, by deliberate nourishing, the flame
Reviv'd, with all its wonted vigour glows.

FINIS.

ERRATA.

Page	Line		
30,	5,	for *ostructed*,	read *obstructed*.
	21,	dele *the*	
36,		dele *the last line.*	
Ibid.		for *the catch word Take*,	—— *Where.*
37,	5,	— *laudenum*,	—— *laudanum*
40,	14,	— *plegm*,	—— *phlegm.*
55,	12,	— *my*	—— *our.*